



"Stairway to the Mountains"

Frequently Asked Questions

If I step the equivalent of one mountain, can I also be recognized for the other mountains that are fewer or the same amount of steps?

Once you have logged enough steps for one of the mountains, please start over again if you are going to step the equivalent of another mountain. For example, if you step the equivalent of Mt. Eisenhower (9,522 steps) and you would like to continue to step the equivalent of another mountain, you will have to start from zero and work to the next mountain.

Can I participate in the program each quarter, even if I'm only able to step the equivalent of a mountain I have stepped the equivalent of before?

Yes, please participate each and every quarter. If you are not able to complete a mountain by the end of a quarter, continue and submit for recognition the following quarter. We want to recognize everyone for their achievements in healthy activity and your accomplishments. Each quarter, all participants that submit a "Participant Recognition Form" will be entered into a drawing for a free NH State Park pass.

Can I count the steps that are on the landing between each flight?

Yes, count every step. Every step that you take by not taking the elevator should be recognized as your effort in a healthy and active lifestyle.

How can I make counting steps easier than trying to count each and every step?

To help you keep track of your steps, we have created a "Tracker Tool" located on page 4 of the [Employee Participant Packet](#) that includes examples. If you do not want to count each step, count how many steps in a flight of stairs or a particular time period and multiple it by the number of flights or minutes you step.

If there are no stairs at my worksite, can I still participate?

Yes, please use the following alternatives to use when stairs are not available. But remember, if you travel to another building that has stairs, please use them instead of the elevator.

- Step up and down on an aerobic stepper (available for purchase where sporting/fitness goods are sold).
- Stair Climbing Aerobic Machines
- Walk briskly

If I am unable to take the stairs due to a health condition and the alternatives listed above are too difficult for me, can I still participate?

Yes, please contact Michael Loomis at 271-4103 or Michael.loomis@nh.gov to discuss alternative ways to participate.